



Healthy Hyde Cooking Classes

***Cost:
FREE***

Hands on
cooking
including
your dinner
that night

Learn how
to cook your
favorite
foods in a
healthier
way

**ALL CLASSES ARE HELD FROM
6:30-8:30 IN THE LOCATIONS
LISTED BELOW:**

**Free cooking
gift just for
attending!**

Tuesday,
October 27th

**Engelhard
Christian
Church**

Thursday,
November 5th

**Government Center
Teaching Kitchen
Swan Quarter**

Thursday,
November 12th

**Mt. Olive
Church
Ponzer**

You MUST PRE-REGISTER TO ATTEND

Contact Anna Schafer 252.926.4381 or Stacey Midgett 252.926.4487